

INFANT/PRESCHOOL



MUSIC TOGETHER®

Ages: Birth – 4 and their moms, dads, or caregivers

Instructor: Tuesday 9:00 a.m. only Allison Shelby

Instructor: Tuesday: 10:00 a.m. and 11:00 a.m. and

Friday - Linda Criscitello

Instructor Saturday - Gail Browne

Adults, regardless of musical ability, can help create an environment that helps children achieve basic music competence. Children of mixed ages participate at their own level by singing, moving, chanting, listening, and exploring with musical instruments. Parents participate with children and receive music development information. There is no charge for siblings under eight months (at start date of class), but they must be included on the registration form.

For more information, please call Linda at 703-424-7295.

Curriculum fee: \$35 per family, check payable to Music Together of Vienna, due with registration. This includes two professionally recorded CDs of the semester's collection, a songbook with illustrations, activities and parent education. In addition, all families new to Music Together receive a booklet explaining our principles, research and philosophy.

January 9 - March 13

308140 A1 - T - 9:00 a.m. - 9:45 a.m.

308140 B1 - T - 10:00 a.m. - 10:45 a.m.

308140 C1 - T - 11:00 a.m. - 11:45 a.m.

January 5 - March 30 (No class January 26, February 23 and March 16)

308140 D1 - F - 9:00 a.m. - 9:45 a.m.

308140 E1 - F - 10:00 a.m. - 10:45 a.m.

308140 F1 - F - 11:00 a.m. - 11:45 a.m.

January 13 - March 17

308140 G1 - S - 8:45 a.m. - 9:30 a.m.

308140 H1 - S - 9:45 a.m. - 10:30 a.m.

308140 I1 - S - 10:45 a.m. - 11:30 a.m.

308140 J1 - S - 11:45 a.m. - 12:30 p.m.

Fee: R \$150 / NR \$187.50 - Ten classes

KINDERGARTEN PEP (Physical Enrichment Program)

Ages: 4 – 6

Instructors: Helen Petrakes and Chris Kurtzman

The focus of this program is to teach children the fundamentals of team sports such as soccer, basketball, baseball, hockey, and volleyball in a safe, fun environment. Children have the opportunity to release some energy and socialize with other children. Values such as sportsmanship, teamwork, sharing and consideration of others will be stressed in this class.

January 17 – March 7 (No class January 24 or February 28)

304706 A1 - W - 10:00 a.m. - 11:00am

January 17 – February 21

304706 B1 - W - 1:30 p.m. - 2:30pm

January 18 – March 8 (No class January 25 or February 22)

304706 C1 - TH - 1:30 p.m. - 2:30pm

Fee: R \$90 / NR \$103 – Six classes

READINESS RELAY FOR 4's and 5's

Instructors: Babs Dyer and Raj Ajinkya

Tuesdays - Math Matters...explore math through play! Counting sorting, adding and subtracting through games, art, song, dance and rhythm.

Age 4-5

January 2 - February 6

309333 B1 - T - 10:45 a.m. - 12:00 p.m.

February 20 - March 27

309333 H1 - T - 10:45 a.m. - 12:00 p.m.

Fee: R \$54 / NR \$67.50 - Six classes

Wednesday - Mad Scientist Day...exploring the world of Science! We will cook, investigate, play games, play with sand and water. Enhance our child's understanding of the world around him.

January 3 - February 7

309333 D1 - W - 10:45 a.m. - 12:00 p.m.

February 21 - March 28

309333 J1 - W - 10:45 a.m. - 12:00 p.m.

Fee: R \$54 / NR \$67.50 - Six classes

Thursday - Leaping Language...explore literature, sounds, and letters through books, multi medium art, and songs. Phonetic awareness while having fun!

January 4 - February 8

309333 F1 - TH - 10:45 a.m. - 12:00 p.m.

February 22 - March 29

309333 L1 - TH - 10:45 a.m. - 12:00 p.m.

Fee: R \$54 / NR \$67.50 - Six classes

123 COME LEARN WITH ME

Ages 3-4

Instructors: Babs Dyer and Raj Ajinkya

During this center play experience children will learn number and letter recognition through art, pretend play, puzzles, discovery and gross motor centers. Children must be toilet trained.

January 2 - February 6

309333 A1 - T - 9:00 a.m. - 10:15 a.m.

February 20 - March 27

309333 G1 - T - 9:00 a.m. - 10:15 a.m.

January 3 - February 7

309333 C1 - W - 9:00 a.m. - 10:15 a.m.

February 21 - March 28

309333 I1 - W - 9:00 a.m. - 10:15 a.m.

January 4 - February 8

309333 E1 - TH - 9:00 a.m. - 10:15 a.m.

February 22 - March 29

309333 K1 - TH - 9:00 a.m. - 10:15 a.m.

Fee: R \$54 / NR \$67.50 - Six classes

Infant/Youth



PRESCHOOL/YOUTH

KINDERTOTS

Age 2 ½ to 3

A pre Kinderdance program designed to develop gross motor skills, movement creativity, physical development and body awareness while learning numbers, colors, shapes and songs.

Recommended dress for girls includes leotard and tights; for boys t-shirts and shorts. Children that cannot be a cooperating member of class may be asked to discontinue until they are older. Parents may stay for the last class of the session.

January 10 - February 28

303370 A1 - W - 11:00 a.m. – 11:45 a.m.

303370 B1 - W - 9:15 a.m. – 10:00 a.m.

Fee: R \$72/ NR \$90 – Eight classes

KINDERTOTS MOMMY AND ME

Age 2

Parents are active participants in this class. A pre Kinderdance program designed to develop gross motor skills, movement creativity, physical development and body awareness while learning numbers, colors, shapes and songs. Recommended dress for girls includes leotard and tights; for boys t-shirts and shorts. Children that cannot be a cooperating member of the class may be asked to discontinue until they are older.

January 10 - February 28

303371 A1 - W - 10:15 a.m. - 10:45 a.m.

Fee: R \$64 / NR \$80 – Eight classes

CHILDREN'S DANCE

These classes can help improve coordination and agility. In ballet children learn basic ballet positions and movements aiding coordination, balance, perception and flexibility. Classes progress in floor work and bar exercises depending on the level of children's abilities. Soft-soled ballet slippers are needed for the appropriate class. Please label all equipment with the child's name and telephone number. Children who cannot be a cooperating member of the class may be asked to discontinue until they are older. Parents may observe the last day of class.

BALLET 3

January 9 - February 27

308100 A1 - T- 3:00 p.m. - 3:45 p.m.

January 6 - February 24

308100 E1 - S - 10:00 a.m. - 10:45 a.m.

BALLET 3 AND 4

January 10 - February 28

308100 D1 - W - 4:00 p.m. - 4:45 p.m.

BALLET 4

January 9 - February 27

308100 C1 - T- 4:00 p.m. - 4:45 p.m.

BALLET 4 AND 5

January 6 - February 24

308100 F1 - S - 11:00 a.m. - 11:45 a.m.

BALLET 5-7

January 10 - February 28

318100 A1 - W - 5:00 p.m. - 5:45 p.m.

Fee: R \$72 / NR \$90 – Eight classes

INDOOR TENNIS EVERYONE?

Location: Vienna Community Center Gymnasium

Looking for an affordable way to improve your tennis this winter? In their supportive, fun, and friendly style, USPTA certified instructors Gregg Deinhart and Stephan Schlagenhauff will teach the fundamentals of tennis in a gym setting. Co-owners of the FirstServe Tennis Academy (FSTA), Gregg and Stephan provide year round instruction for the Town of Vienna tennis program. The indoor program is a great way to keep skills sharp or to get a head start on next spring. Adult, youth and tot classes will be offered.

Contact FirstServe Tennis Academy for advice on purchasing an appropriate racket.

FirstServe Tennis Academy 571-217-1684 / 703-867-1970

info@tenniseveryone.net

www.tenniseveryone.net

Even if you have never played before, haven't picked up a racket in years, or are hampered by a pesky problem that keeps you from improving, you are just a few hours of FSTA instruction away from developing a lifelong love of tennis.

TOT TENNIS CLASSES

Ages: 4-6

January 8 – February 12 (no class January 15)

304040 A1 - M - 1:00 p.m. - 1:45 p.m.

304040 B1 - M - 2:00 p.m. - 2:45 p.m.

Fee: R \$99 / NR \$114 – Five classes



GYMNASTICS PARENTS PLEASE NOTE:

*Due to the large number of parents and siblings watching the gymnastics classes we are requesting that parents only attend the first and last day of class.

*Birth Certificate verification is needed for all first time students in the 3 and up gymnastic program.

*In all classes students should wear tight fitting clothes and either gymnastic shoes or be prepared to go barefoot.

*During class we ask parents of students to wait in the back lobby for their children.

GYMNASTICS FOR PARENT/CHILD

Ages: 2 ½ and 3

A time for mom or dad and tot to spend time together while learning something new. This is an open gym experience with instructor supervision. Tots will use the balance beam, uneven bars, and tumbling mats. Parents will guide their child through each class. Only one child per parent or adult. Children not registered for the class may not accompany their parent to class.

January 4 - March 15 (No class February 22)

304060 A1 - TH - 1:00 p.m. - 1:45 p.m.

Fee: R \$40 / NR \$50 - Ten classes

GYMNASTICS FOR 3 YEAR OLDS

Age 3

Preschoolers will be introduced to basic skills on the uneven bars balance beam, vault and floor. The class will emphasize balance and coordination as well as group cooperation. Participants must be three, able to separate from parent and be a cooperating member of class.

January 4 - March 15 (No class February 22)

304062 A1 - TH - 2:00 p.m. - 2:45 p.m.

Fee: R \$32 / NR \$40 - Ten classes

TUMBLES AND TWISTS

Ages 3 and 4

This fun filled program gives tots the chance to use their imagination to the fullest through creative movement, interactive songs, tumbling and stretching exercises designed to help them understand the movement abilities of their bodies.

January 2 - March 6

304061 A1 - T - 2:00 p.m. - 2:45 p.m.

304061 B1 - T - 1:00 p.m. - 1:45 p.m.

Fee: R \$40 / NR \$50 - Ten classes

GYMNASTICS FOR YOUNG BEGINNERS

Age 4 and 5

This once a week class is a great choice for those children just starting out or continuing from our three year old programs. Children will receive instruction on balance beam, uneven bars, vault, and floor. Children must be a minimum of 4 years old, able to separate from parent and be a cooperating member of the class.

January 4 - March 15 (No class February 22)

314060 A1 - TH - 3:00 p.m. - 3:45 p.m.

January 2 - March 6

314060 B1 - T - 3:00 p.m. - 3:45 p.m.

Fee: R \$40 / NR \$50 - Ten classes

MINI TUMBLERS

Ages 3 - 5

This class focuses on beginning tumbling skills. While having fun children will learn body awareness through stretching exercises, animal walks and tumbling skills. Children need to be able to separate from their parent and be a cooperating member of class.

January 22 - March 19 (No class February 19)

Age 3

304062 B1 - M - 10:45 a.m. - 11:30 a.m.

Age 4-5

314060 C1 - M - 9:45 a.m. - 10:30 a.m.

Fee: R \$32 / NR \$40 - Eight classes

GYMNASTICS

Children will receive instruction on the uneven bars, balance beam, vault and floor. Class also includes flexibility and strength building moves. Classes are for all ability levels: beginner through advanced. Children progress through the program based on individual ability levels. Boys and girls are grouped primarily by ability level and age.

January 2 - March 13 (No class February 22)

AGE 5 - 13

314061 A1 - T/TH - 4:00 p.m. - 5:00 p.m.

314061 B1 - T/TH - 5:00 p.m. - 6:00 p.m.

AGE 6 - 13

314062 A1 - T/TH - 6:00 p.m. - 7:00 p.m.

Fee: R \$100 / NR \$125 - Twenty classes

GYMNASTICS ADVANCED INSTRUCTOR WRITTEN APPROVAL REQUIRED

Ages 7 and up

This class will have a student/teacher ratio of 4 to 1 and geared toward year around students. Students will improve on and add to skills already learned as well as work on routines, dance, flexibility, and strength. An instructor will approach the parent when a child is ready for this class. Registration without a written letter from the instructor attached will not be accepted. Participants need to be registered for the 6:00 p.m. class as well.

January 9 - February 27

314063 A1 - T - 7:00 p.m. - 8:00 p.m.

January 11 - March 22 (No class January 18, 25, and February 22)

314063 B1 - TH - 7:00 p.m. - 8:00 p.m.

Fee: R \$72 / NR \$90 - Eight classes



PRESCHOOL/YOUTH

CITY CRITTERS IN WINTER

How do you know if you're a City Critter? You're between 4-5 years old, love to be outside, don't mind getting a little messy and think that birds, creeks, flowers and all bugs (well, maybe not mosquitoes) are wonderful. Each City Critter program meets for 6 90-minute sessions. City Critters will develop new skills through short out-door explorations, music, games and art. All activities correlate to the Virginia Foundation Blocks for Early Learning. We never know what we'll be doing so dress for the weather and dress for a mess!

Instructor: Elizabeth Burke

Elizabeth is an award-winning environmental educator and founder of Mud Pie Planet, an environmental education firm which emphasizes environmental learning in urban settings, and encourages people to "play where you are planted."

In addition to teaching, Elizabeth has worked closely with non-profit organizations, including Keep America Beautiful and the Wake County (North Carolina) Boys & Girls Club, to plan and execute an inner-city community garden. Elizabeth has also designed Earth Day programs for elementary schools.

ANIMAL ABODES

Brrrr... find out how animals stay warm when the winter winds blow. We'll be on the lookout for animal homes and find out how different creatures manage to find food, water, space, and shelter on even the coldest of days and nights.

January 22 - March 5 (No class February 19)

309320 A1 - M - 1:15 p.m. - 2:45 p.m.

Fee: R \$90 / NR \$112.50 - Six classes



CRITTER CARETAKERS

City Critters will learn what it takes to take care of the Earth. Our Critter ecologists will learn things to keep the Potomac clean and how worms turn yucky garbage into yummy soil. They'll turn garbage into pizza and tree branches into tree cookies!

January 11 - February 15

309320 B1 - TH - 1:15 p.m. - 2:45 p.m.

Fee: R \$90 / NR \$112.50 - Six classes

CITIZEN SCIENCE FOR CRITTERS

Our Critters are scientists, whether they know it or not. We will learn about different types of earth scientists and find out what they study. We'll even do some experiments of our own!

January 16 - February 20

309320 C1 - T - 1:15 p.m. - 2:45 p.m.

Fee: R \$90 / NR \$112.50 - Six classes



ETIQUETTE



Ages 5 - 7

Instructor: Sue Ellen Bron

Activity oriented and designed to foster children's growth through effective age appropriate, self-esteem building exercises. The ABC's of meeting, greeting and saying good-bye, little things we say and 1,2,3 let's eat! \$5 material fee due first day of class.

January 13 and 20

312550 A1 - S - 9:30 a.m. - 10:30 a.m.

Fee: R \$40 / NR \$50 - Two classes

ABRAKADOODLE - This popular series of imaginative art classes for children is based on the learning principles of Jean Piaget. Children create wonderful "masterpieces" using innovative art materials, while exploring artistic styles and techniques. Each series of lessons offers unique experiences designed to foster creativity. **Materials fee: \$24 (due first day of class), make check payable to Abrakadoodle. Unless otherwise noted.** Abrakadoodle classes are held at the community center.



TWOOSY DOODLERS

For ages 20-36 months. This is a special art class just for toddlers and parents (or helpers). Little fingers will experiment with painting, gluing, stick-ing, printing and creating, while developing fine motor, language and self-help skills. This is an "I can do it!" class that is fun and creative! Each session has new activities and moms and helpers get to play too.

January 16 - February 20

307250 A1 - T - 9:15 a.m. - 9:55 a.m.

307250 B1 - T - 10:15 a.m. - 10:55 a.m.

January 17 - February 21

307250 C1 - W - 3:00 p.m. - 3:40 p.m.

January 18 - February 22

307250 D1 - TH - 9:15 a.m. - 9:55 a.m.

307250 E1 - TH - 11:15 a.m. - 11:55 a.m.

January 27 - March 10 (No class February 24)

307250 F1 - S - 10:00 a.m. - 10:40 a.m.

Fee: R \$75 / NR \$94 Six classes

MINI DOODLERS



For ages 3-6.

Children develop their creativity through carefully designed lessons that ignite the imagination and develop skills. Using real artists' materials including watercolors, tempera paints, oil pastels, creative tools and more, the children create masterpieces that are truly unique.

January 16 - February 20

307251 A1 - T - 11:15 a.m. - 12:00 p.m.

January 17 - February 21

307251 B1 - W - 1:00 p.m. - 1:45 p.m.

307251 C1 - W - 2:00 p.m. - 2:45 p.m.

January 18 - February 22

307251 D1 - TH - 10:15 a.m. - 11:00 a.m.

January 27 - March 10

(No class February 24)

307251 E1 - S - 11:00 a.m. - 11:45 a.m.

Fee: R \$84 / NR \$105 - Six classes